



THE FELDENKRAIS METHOD® **OF** ***AWARENESS THROUGH MOVEMENT®***

Bob Hunter, Certified Feldenkrais Teacher®

Discover New Possibilities for a Fuller Life

Reawaken your natural abilities to feel, think, and act. Move with Greater Comfort and Flexibility. Reduce tension and pain. In this class you will be guided through a series of easy-to-do movement explorations which help the muscular and nervous systems work together more harmoniously. These simple yet powerful lessons are beneficial for those with all degrees of ability from active athletes to the physically impaired. Please wear loose, comfortable clothing. If you have questions feel free to call Bob at (717) 328-2363. Also see the Feldenkrais Guild® website: www.feldenkrais.com

Feldenkrais® is recommended by Dr. Andrew Weil.

When: Ongoing classes Wednesdays 11-12 noon
Cost: \$10 per class
Where: Synergy Massage & Wellness Center

**Individual *Functional Integration*® sessions are available also.
Call Bob for an appointment: (717) 328-2363**

**Synergy Massage & Wellness Center
13593 Monterey Lane, Blue Ridge Summit, PA 17214
(717) 794-5778 / (877) 371-6617
www.synergymassage.com**

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